



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

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PRESS RELEASE – For Immediate Release

Contact: Elvia Caldera, Health Education Specialist, 737-5988

District Health Offers FREE Spanish Tobacco Cessation Classes

South Central District Health will offer the American Cancer Society's "Fresh Start" program in Spanish. It is designed to help adults quit using tobacco. This FREE four-week class will begin on Thursday, April 13, at 5:30 p.m. and continue every Wednesday until May 4 at Catholic Charities of Idaho, located at 125 1st Ave. East in Jerome. Spanish-speaking participants may register by calling Elvia Caldera at 737-5988.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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